

Chronic Disease Prevention Program

Community Events January Calendar

COMMUNITY HEALTH SCREENINGS (Blood Pressure, Blood Sugar, Body Fat & BMI)					
CET	Date	City	Location	Hours	Contact information
2	5-Jan Thursday	Oxnard	Mexican Consulate 3151 W. 5 th St.	8:30 – 11:30 a.m.	CDPP: Deanne Morales, 677-5250 Event: Blanca Martinez, 984-8738
	6-Jan Friday	Santa Paula	El Rancho Alegre Market 233 W. Harvard Blvd.	2 - 4 p.m.	CDPP: Deanne Morales, 677-5250 Event: Abel Ruiz, 933-0899
	9-Jan Monday	Newbury Park	Mercado Guadalajara (market) 2454 W. Hillcrest	9 – 11:30 a.m.	CDPP: Mónica Solís, 677-5261 Event: Martha Prado, 376-1308
2	12-Jan Thursday	Oxnard	Plaza Park Farmer's Market Between 5 th St. and C St.	9 a.m. - 12 p.m.	CDPP: Deanne Morales, 677-5250 Event: Desiree Ventura, 483-7960
	13-Jan Friday	Ventura	Red Barn Market 995 N. Ventura Ave	10 a.m. – 12 p.m.	CDPP: Deanne Morales, 677-5250 Event: Maira Alvarez, 643-5107
	13-Jan Friday	Santa Paula	Big Lot's Superstore 568-B W. Main Street	1 – 3 p.m.	CDPP: Deanne Morales, 677-5250 Event: Jeff, 525-6102
2	19-Jan Thursday	Oxnard	La Gloria Market 430 S. Oxnard Blvd.	1 – 4 p.m.	CDPP: Mary Arévalo, 677-5255 Event: Carlos, 486-8735
	20-Jan Friday	Santa Paula	Godinez Barber Shop 961 E. Main Street	2 - 4 p.m.	CDPP: Deanne Morales, 677-5250 Event: María Godinez, 525-0045
	23-Jan Friday	Fillmore	Super A Foods Market 725 Ventura Street	9 – 11 a.m.	CDPP: Deanne Morales, 677-5250 Event: Martin Martinez, 524-5764
	24-Jan Tuesday	Santa Paula	Santa Paula High School "Welcome Center", 404 N. 6 th St., Rm 1511	6 – 8 p.m.	CDPP: Mary Arevalo, 677-5255 Event: Gilbert Elizarraraz, 525-4405 x 115
2	26-Jan Thursday	Oxnard	Amar Ranch Market 1111 E. Channel Islands Blvd	9 a.m. - 12 p.m.	CDPP: Deanne Morales, 677-5250 Event: John Mazzela, 486-0151
	26-Jan Thursday	Santa Paula	Primos Market 116 S. Mill Street	2 - 4 p.m.	CDPP: Deanne Morales, 677-5250 Event: Kulwant Singh, 525-5694
	27-Jan Friday	Fillmore	Estrella Market 317 Central Ave	9:30 – 11:30 a.m.	CDPP: Deanne Morales, 677-5250 Event: Francisco, 524-1493
	27-Jan Friday	Santa Paula	Chinos Market 147 South 12th Street	1 - 3 p.m.	CDPP: Deanne Morales, 677-5250 Event: Elias Valdez, 525-6792

Chronic Disease Prevention Program

Community Events January Calendar

MIGRANT AGRICULTURAL SCREENING EVENTS					
Date	City	Location	Hours	Contact information	
2 31-Jan Pending	Oxnard	For exact location, please call the contact person listed	8:30 – 11:30 a.m.	CDPP: Sara Rivera, 677-5252 Event: Griffin Barkley, 483-1995	
HEART-HEALTHY CLASS SERIES					
Date	Event	City	Location	Hours	Contact information
23-Jan Monday	#1 My Pyramid	Oxnard	The California Hispanic Osteoporosis Foundation, 300 S "A" St.	6 – 7:30 p.m.	CDPP: Mary Arévalo, 677-5255 Event: Marta Benavides, 797-6800
30-Jan Monday	#2 Better Living				
25-Jan Wednesday	#1 Diabetes	South Oxnard	El Rio Diabetes Program John Flynn Medical Clinic 3100 Rose Ave	1:30 – 3 p.m.	CDPP: Sara Rivera, 677-5252
8-Feb February	#2 Good Eating Habits & Diabetes				
AEROBICS AND WALKING CLUBS					
Date	Event	City	Location	Hours	Contact information
M/Th ongoing	Walking Club*	Camarillo	Camarillo Health Care District Nutrition Center, 3639 E. Las Posas Rd.	9 – 10 a.m.	Event: Marilyn Adams, 388-1952 x 104
 Ongoing Tuesday	Walking Club	South Oxnard	Ansgar Larsen Elementary 550 Thomas Ave	8:30 - 9:30 a.m.	CDPP: Mary Arévalo, 677-5255 Event: Elena Coronado, 986-8740
 Ongoing Wednesdays	Walking Club*	Port Hueneme	Art Haycox School 5400 Perkins Rd.	8:30 – 9:30 a.m.	CDPP: Mary Arévalo, 677-5255 Event: Irma Villanueva, 986-4368
M/T/Th ongoing	Physical Activity Class*	Oxnard	Old Oxnard High School Small Hardwood Gym, K St. & 5 th St.	7 – 8 p.m.	CDPP: Rigo Vargas, 677-5328 Event: Esther Carcamo, 488-7235
M-F ongoing	Walking Club*	Rancho Sespe	Meet at CDR-Head Start, #75 2950 E. Telegraph Rd., Fillmore	7 – 8 a.m. 5 – 6 p.m.	CDPP: Rigo Vargas, 677-5328 Event: Maria Nolasco, 521-1380
M – F ongoing	Walking Club*	Santa Paula	Santa Clara Nfl 806 Rail Road Ave	8:30-10 a.m. 5 – 6:30 p.m.	CDPP: Alicia Padilla, 677- 5254 Event: Irma Magaña, 525-2771
 M/W	Physical Activity Class Series Begins: Jan 4 th , 2006	Santa Paula	Casa del Mexicano 218 South 11 th Street	5:30 - 6:30 p.m.	CDPP: Monica Solis, 677-5261 Event: Raul Gutierrez, 525-9987
M/W/F	Walking Club*	Fillmore	Meet at La Única Mini Market	6:30 – 7:30 p.m.	CDPP: Alicia Padilla, 677-5254 Event: Irma Magaña, 525-2771
 T/Th	Physical Activity Class Series Begins: Jan 5 th , 2006	Ventura	West Park Ventura Recreation Ctr. 450 W. Harrison	12 – 1 p.m.	CDPP: Monica Solis, 677-5261 Event: Anita Díaz, 648-1895
M/W ongoing	Children's Walking Club*	Ventura	Sheridan Way Family Center 573 Sheridan Way	12:15 – 12:55 p.m.	CDPP: Alicia Padilla, 677-5254 Event: Tanya Zimmer, 641-5081

* These events are a collaborative effort of CDPP with other community organizations.

Chronic Disease Prevention Program

Community Events January Calendar

DIABETES CARE PROGRAM					
Date	Event	City	Location	Hours	Contact information
17-Jan Tuesday	Health Screening, Case Mgt. & Classes	Santa Paula	Santa Paula Family Medical Clinic 1334 E. Main Street	10 a.m. - 5 p.m.	CDPP: Deanne Morales, 677-5250 Walk-in's are welcomed
4, 11, 15, 24-Jan Wednesdays	Health Screening, Case Mgt. & Classes	Oxnard (El Rio)	John Flynn Medical Clinic 3100 Rose Ave	10 a.m. - 5 p.m.	CDPP: Deanne Morales, 677-5250 Walk-in's are welcomed
OTHER COMMUNITY/PARTNER EVENTS					
Date	Event	City	Location	Hours	Contact information
3-Jan Tuesday	Diabetes Education Class	Ventura	Livingston Memorial Visiting Nurse Assoc. 1996 Eastman Ave., #101	1 - 3 p.m.	Event: Linda Hampson, 642-0239 x 723
4-Jan Wednesday		Camarillo	Camarillo Community Center, Room #7 1605 Burnley Street	2:30 - 4:30 p.m.	Event: Linda Hampson, 642-0239 x 723
Tuesday & Thursday	SHAPE – Starting Healthy Activity & Physical Education (12 week program)	Oxnard	Martin V. Smith Youth Center 1900 W. Fifth St	Call for more info or to register.	Event: Mark Lakeman, 331-6088
Mon ongoing	KidShape – Weight Management Class (9 week program)	Oxnard	Boys & Girls Club of Greater Oxnard 1900 West Fifth Street	6 – 8 p.m. Call to register.	Event: Mary, (toll free) 888-600-6444
Tues ongoing	Healthy Cooking Class Series	Santa Paula	Santa Clara Valley NFL Activity Center, 216 8 th Street	9-11:00 a.m.	Event: Irma Magaña, 525- 2771
For more information, call the Ventura County Public Health Department's CDPP office at 677-5252.					